

2025 CAST AUG 2-3 NTS

Meet Information

HELIX HIGH SCHOOL

Coaches and team administrators:

Please distribute this to your families that are attending the meet.

Tarps and Team Areas:

Teams are allowed to set up in locations that doesn't affect the safe and effective flow of traffic or cover the snack bar area. Teams may set up outside the pool area. Canopies set up outside the pool area are not recommended to be left out Saturday night.

Safe Sport: No photography behind the start area/blocks. No parents behind the start area/blocks unless timing.

Check in: Opens at 7:00 am. Check in is required for all events and closes each morning at 8:30. ONLY swimmers and Coaches are allowed in the check in area.

Bathrooms: Locker rooms are for swimmer and adult use. Due to this, no swimmer changing is allowed in the locker rooms. The single use bathrooms just east of the pool deck can be used for changing. Teams should bring personal changing tents.

Clean Up:

Coaches/Teams are required to make sure their area is clean and clear before leaving.

Limited Snack Bar will be available

500 and 1000 freestyles

Swimmers in the distance freestyle events on Saturday will need to provide their own Timers and a counter. Since we need two timers per lane. It would be helpful if timers can help each other out by timing for a second heat. (the kids need to cool down and talk with their coaches anyway). 13&O swimmers on Sunday morning will only need a counter as the timing lane assignments will begin at 9:00 AM

Timing System

We will be utilizing the Time Drops timing system at the meet. Unlike our meet in October, we will have touchpads to use. It is likely that we will have the scoreboard at this meet. One of the advantages of this system is that your phones also become a scoreboard. You will be able to see running times of the heats from any location as well as names and results of the swimmers. **These results are unofficial**, as you will be seeing the raw data as it comes into the meet admin. The official results, as usual will be posted on the wall, after being checked and verified as well as adjustments for DQ's.

Meet mobile will also be available at this meet.

Make sure you charge up your phones in advance. Please visit the google play store or the apple store and download **Time Drops Live!**. Once we seed and load the meet (right at meet start) you will be given the four-digit access code and will be able to see all of the heats, heat results, and switch back and forth between heat results view and the live scoreboard view.

Estimated Meet Length

See estimated timeline

Coaches: We have a limited number of chairs and tables available, so please plan on bringing your own chair.

Warm-up notes

We have 3 x 30 minute warm-up sessions of approximately 80 swimmers each on Saturday and 60 each on Sunday. Specific warm-up lanes are not assigned, so please share lanes accordingly. The diving well will be available during the meet, please ask your swimmers to be careful and please note – **no backstroke in the diving well as there are no lane lines and there are no flags.**

Warm-up assignments - SATURDAY:

Warmup 1: 7:20-7:50 CAST, SOL, SEA, RRST

Warmup 2: 7:50 – 8:20 SBA, TAQ, MVY, MRA, UN

Warmup 3: 8:20 – 8:50 PS, RST,

Warm-up assignments - SUNDAY:

Warmup 1: 7:20-7:50 CAST, SOL, SEA, RRST

Warmup 2: 7:50 – 8:20 SBA, TAQ, MVY, MRA,

Warmup 3: 8:20 – 8:50 PS, RST, UN

Timing assignments – SAT

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
PS	PS	PS	SBA	SBA	TAQ	SOL	SOL		
PS	PS	PS	SBA	SEA	TAQ	SOL	RST		

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8		
PS	PS	PS	SBA	SBA	TAQ	SOL	SEA		
PS	PS	PS	SBA	SBA	TAQ	SOL	SEA		

We have rubber ducks for heat winners.

See you at the pool

--- The CAST Team ---